



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 01033, Cheese, parmesan, hard

Report Date: June 22, 2017 11:10 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	29.16	--	0.623	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Energy	kcal	392	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Energy	kJ	1641	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Protein	g	35.75	--	0.793	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Total lipid (fat)	g	25.83	--	0.726	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Ash	g	6.04	--	0.314	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Carbohydrate, by difference	g	3.22	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Sugars, total	g	0.80	--	--	--	--	--	--	--	--	Calculated or imputed	01032	02/2003
Minerals													
Calcium, Ca	mg	1184	--	29.713	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

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Iron, Fe	mg	0.82	--	0.193	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Magnesium, Mg	mg	44	--	0.872	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Phosphorus, P	mg	694	--	20.997	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Potassium, K	mg	92	--	5.964	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Sodium, Na	mg	1376	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2013
Zinc, Zn	mg	2.75	--	0.043	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Copper, Cu	mg	0.032	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Manganese, Mn	mg	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Selenium, Se	µg	22.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Thiamin	mg	0.039	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Riboflavin	mg	0.332	--	0.016	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Niacin	mg	0.271	--	0.047	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Pantothenic acid	mg	0.453	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin B-6	mg	0.091	--	0.003	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folate, total	µg	7	--	0.737	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	7	--	0.737	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Folate, DFE	µg	7	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Choline, total	mg	15.4	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Vitamin B-12	µg	1.20	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	207	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Retinol	µg	201	--	--	--	--	--	--	--	--	Calculated or imputed	01032	02/2009
Carotene, beta	µg	66	--	--	--	--	--	--	--	--	Calculated or imputed	01032	02/2009

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Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Vitamin A, IU	IU	781	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Vitamin E (alpha-tocopherol)	mg	0.22	--	--	--	--	--	--	--	--	Calculated or imputed	01032	02/2009
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.5	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Vitamin D3 (cholecalciferol)	µg	0.5	--	--	--	--	--	--	--	--	Calculated or imputed	01032	02/2009
Vitamin D	IU	19	--	--	--	--	--	--	--	--	Calculated or imputed	01032	02/2009
Vitamin K (phylloquinone)	µg	1.7	--	--	--	--	--	--	--	--	Calculated or imputed	01032	02/2003
Lipids													
Fatty acids, total saturated	g	16.410	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
4:0	g	1.299	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
6:0	g	0.487	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

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8:0	g	0.260	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
10:0	g	0.648	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
12:0	g	0.873	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
14:0	g	2.911	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:0	g	6.966	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:0	g	2.301	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Fatty acids, total monounsaturated	g	7.515	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:1 undifferentiated	g	0.394	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:1 undifferentiated	g	6.656	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	0.569	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:2 undifferentiated	g	0.272	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:3 undifferentiated	g	0.297	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Cholesterol	mg	68	--	2.998	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Amino Acids

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tryptophan	g	0.482	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Threonine	g	1.317	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Isoleucine	g	1.894	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Leucine	g	3.452	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Lysine	g	3.306	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Methionine	g	0.958	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Cystine	g	0.235	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Phenylalanine	g	1.922	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Tyrosine	g	1.995	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Valine	g	2.454	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

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Arginine	g	1.317	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Histidine	g	1.384	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Alanine	g	1.048	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Aspartic acid	g	2.236	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Glutamic acid	g	8.209	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Glycine	g	0.622	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Proline	g	4.180	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Serine	g	2.068	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2001
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2001